

Recent Cookery Books - January 2018

Southeast Asia Head Office
Blk 231, Bain Street
#03-05, Bras Basah Complex
Singapore 180231
Tel : +65-6883-2284/6883-2204
Fax : +65-6883-2144
info@marymartin.com
www.marymartin.com

South Asia Head Office
8/123, Third Street,
Tatabad, Coimbatore 641012
India
Tel : +91-422-2499030/2495780
Fax : +91-422-2495781
info@marymartin.com
www.marymartin.com

Malay Culinary Herbs / (Ed) Siti Aishah Hassan (et al.)
Universiti Putra Malaysia Press, Malaysia 2017

xviii, 126p.
Includes Index
9789673445172
\$ 40.00 / HB
870 gm.

1. Herbs – Malaysia
2. Medicinal plants – Malaysia
3. Cooking (Herbs)

This book documents via pictorial description of the common herbs traditionally used by the Malays or even other ethnic groups in Malaysia for ages to enhance the flavor of their cooked food. The rest are usually consumed fresh as side dishes during meal time, either at home or restaurants. Many of the herbs described in this coffee table book are available in UPMs campus at Serdang. Some of them are being studied to determine their worth as traditional medicine that can be exploited for commercial production.

<http://www.marymartin.com/web?pid=326590>

Kandaqstan : The Empire of Taste, The Melting Pot of Flavours / Jahabar Sadiq
Matahari Books, Malaysia 2017

92p.
9789672128205
\$ 15.00 / HB
310 gm.

IN one word, Kandaqstan brings up images of crowds and long queues patiently waiting at a stall or restaurant for a plate of steaming hot rice and a mélange of curries with meat, fish, eggs, ladies' fingers, coconut chutney and green chillies. And it comes from Penang, from the heyday when it was a bustling free port and workers, stevedores and even top maritime officials wanted a quick meal that had the daily dose of protein and carbohydrates, with flavours that would make you eat any time of the day and night.

That meal is called Nasi Kandar: rice and dishes that were originally in pots within wicker baskets balanced on a wooden pole and brought to the gates of the 24/7 ports in George Town and Butterworth.

What is it in this meal that people rave about, lust for, travel for miles and line up for? And where are the best nasi kandar? What gets the maximum five ladies' fingers on the Kandaqstan rating system?

<http://www.marymartin.com/web?pid=326592>

The Kitchen Secrets of Expat Women : Exchanging Recipes Across Different Cultures / Pernille & Melinda Roos

Pernille & Melinda Roos, Malaysia 2017
123p.
9781532349393

\$ 35.00 / null

740 gm.

The Kitchen Secrets of Expat Women, a cookbook compilation of 118 delightful new and classic recipes contributed by expat women from 33 different nationalities and compiled by Pernille Reck and Melinda Roos - - all bound by a common thread of having lived in Malaysia; is available now.

<http://www.marymartin.com/web?pid=326584>

Breast Cancer Survivor Cookbook / Hazreen Abd Majid (Ed)

University of Malaya Press, Kuala Lumpur 2017

xviii, 60p.

9789831009291

\$ 20.00 / null

200 gm.

- 1.Cancer – Patients – Nutrition
- 2.Cancer – Diet therapy – Recipes
- 3.Cookbooks

<http://www.marymartin.com/web?pid=326587>

Tok Tok Mee : A Portrait of Penang Street Food / Gerald Tan (Ed) Alan Lau
(Photographer) Benjamin Emery

Trishaw Press, Penang, Malaysia 2017

192p. ; 11.2"(H)x9.7"(W)

9789671511701

\$ 72.00 / HB

1270 gm.

Street food in Penang is fast and cheap. Flavours are bold, presentation often forgotten and the locations less than glamorous. But, together, they form an exciting dining culture that speaks of life on the island. Drawing from the childhood memories of author Gerald Tan, Tok Tok Mee is an intimate portrayal of the people, places and practices that give Penang street food its endearing and vivid personality.

<http://www.marymartin.com/web?pid=281947>

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